

NOTES FROM THE MEDICAL PRESS

IN CHARGE OF

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FOOD AS A REMEDY.—The *National Hospital Record* says: "The first place in which all the best scientific knowledge of food as a remedial agent should be applied is in the hospital kitchen. The hospital kitchen of the future will rival the operating-room in cleanliness and convenience when it is clearly recognized that the skill of the physician or surgeon is of but little avail if the diseased and inflamed tissue cannot be replaced by normal conditions. Nothing but food can furnish the blood-current with the substances from which the cells may choose those essential to them. However fully he may be sustained for a time by the products of the chemist, it is of the utmost importance to the final recovery of the patient that he desire natural food in sufficient quantity to regain his strength. The neglect of the heart of the whole hospital, the kitchen, is hard to understand until we realize that this same neglect permeates the community in regard to individual homes, and that the medical schools treat of food only in relation to disease, and not in relation to healthful living."

COFFEE-DRINKING.—The *Lancet* in a paper on this subject contains a useful suggestion to nurses: "The excessive drinking of coffee is in any case an evil. But it is often forgotten that coffee can be taken in other ways, and in none better than in the form of jelly. A clear coffee jelly after dinner is every bit as good as the hot infusion, while it is free from some of the drawbacks of the latter. Coffee, unlike alcohol, diminishes organic waste, rouses the muscular energy without the collapse which follows alcoholic inhibition, and gelatin in the form of jelly is cooling, assuages thirst, is soothing, and has a tendency to absorb any excessive acidity of the stomach. Gelatin is what is known as a 'proteid sparer'—that is, it saves the destruction of proteid, such as albumin. Having regard to these facts, therefore, coffee jelly should form a very suitable sequel to dinner and an excellent substitute for the infusion. Moreover, the astringent principles of coffee, which, however, are different in kind and degree from those present in tea, are nullified by the gelatin. In short, gelatin is an excellent vehicle for coffee, but, as is necessary in making the infusion, the quantity of coffee in the jelly should not be stinted. Coffee serves an admirable purpose in dietetics, and those with whom it disagrees when taken in the form of a hot infusion will very probably find the jelly quite satisfactory."

THE LAW OF LOVE IN PRACTICE.—Dr. Osler in an address to medical students at Toronto spoke some words that may well be laid to heart by nurses: "And the third great lesson you may learn is the hardest of all—that the law of the higher life is only fulfilled by love or charity. Many a physician whose daily work is a daily round of beneficence will say hard things and will think hard thoughts of a colleague. No sin will so easily beset you as uncharitable-

ness towards your brother practitioner. So strong is the personal element in the practice of medicine, and so many are wagging tongues in every parish, that evil-speaking, lying, and slandering find a shining mark in the lapses and mistakes which are inevitable in our work. There is no reason for discord and disagreement, and the only way to avoid trouble is to have two plain rules: From the day you begin practice never, under any circumstances, listen to a tale told to the detriment of a brother practitioner. And when any dispute or trouble does arise, go frankly, ere sunset, and talk the matter over, in which way you may gain a brother and a friend. Very easy to carry out, you may think. Far from it; there is no harder battle to fight. Theoretically, there seems to be no difficulty, but when the concrete wound is rankling, and after Mrs. Jones has rubbed in the cayenne pepper by declaring that Dr. J. told her in confidence of your shocking bungling, your attitude of mind is that you would rather see him in purgatory than make advances towards reconciliation. Wait until the day of your trial comes, and then remember my words."

THE HIGHER PRELIMINARY EDUCATION OF MEDICAL STUDENTS.—In connection with the movement for the better education of nurses the following paragraph from the *New York Medical Journal* is of interest: "A casual consideration of the theory of ions in chemistry, essentially electrical in its nature, shows that that science in the future will demand on the part of the student a knowledge of the higher mathematics. The old 'algebra, as far as quadratic equations,' will no longer serve his needs, and he must learn the theory of infinitesimals, a genuine knowledge of which requires a rather high quality of mind. Evolution will eventually dispose of the question of the overcrowding of the medical profession."

A NEW METHOD OF ADMINISTERING OILS.—The *Medical Record*, quoting from a French contemporary, says: "H. Boissel remarks that the facility with which castor-oil can be given in frothing beer is well known to all practitioners. It is, however, not always easy nor advisable to give beer, therefore he has devised a frothing mixture which serves the same purpose. It is in the form of a powder, composed of gum arabic, licorice, and lactose flavored with vanilla. A pinch of this powder, shaken with a little water, produces a very persistent froth, in which any oily substance, as cod-liver oil, castor-oil, iodized or phosphorated oil, can be given, and medicines lighter than the mixture, such as the silicate of methyl, essence of santal, etc., can be given, without the slightest unpleasant taste."—*Gazette Hebdomadaire des Sciences Médicales*.

CHLORIDE OF LIME IN PUERPERAL INFECTION.—A. Ethier reports the successful use of this substance in a uterine douche in a case of puerperal infection. One hundred grammes of the chloride of lime were dissolved in twelve hundred grammes of boiled water and filtered. A glassful of the fluid was mixed in nine glassfuls of hot boiled water and injected very slowly. He has also used it in cases of simple metritis with a viscid, glairy discharge. It liquefies the viscosities, is non-irritating, causes no pain, and is not poisonous, like bichloride. In cases of ulcerated and inoperable neoplasms of the vagina with fetid discharge it causes rapid deodorization. It must not be used in a vagina which has recently been treated by the carbide of calcium without carefully removing all traces of this salt, otherwise the two substances will ignite and explode. Calcium chlo-